

Normandy Crossing Elementary

Wellness Plan

2020-2021



Federal public law (PL108.265 SEC.204) states that all schools must develop a local wellness policy that involves parents, students, representatives from school food authority, school board, school administrator and the public, the local education authority (LEA) will establish a plan for measuring implementation of the local wellness policy.

Mission Statement: Galena Park I.S.D. shall prepare, adopt, and implement a comprehensive plan to encourage healthy eating and physical activity in order to prepare students to become healthy productive citizens and lifelong learners.

- **No bending machines available for students.**
- **Nutrition Education:**
- Videos about importance of healthy eating and physical activity will be shown to students.
- Promote healthy eating and exercise using bulletin boards and place them in school hallways.
- Morning announcements promoting a healthy lifestyle.
- Faculty and staff will encourage students to eat healthy snacks.
- Classroom celebrations shall be limited to two parties per school year and will be held during last hour of the school day.
- P.E coach will teach students health and wellness during P.E class.

Physical Education:

- Physical activity will not be used as a punishment (e.g running laps or pushups).
- Physical education teacher will continue to incorporate daily moderate to vigorous activities that will help enhance and develop health related fitness.
- Promote physical activity by conducting Fitness Gram Testing to 3rd-5th graders.
- Promote physical activities (field day).
- Students will engage in physical activity during P.E participate in recess or structured activity for not less than 20 minutes a day.

Nutrition Standards:

- Fresh fruit and vegetables will be offered for breakfast and for lunch
- Free breakfast and lunch for students.
- Review school lunch menu monthly.
- Promote healthy eating and exercise using bulletin boards in the cafeteria and clinic.
- Encourage faculty and staff to be a model of healthy eating to students.
- Faculty and staff will encourage students to wash their hands and practice safety eating,(not sharing food, do not pick up food from the floor).

Other School Related Activities:

- Provide information to parents utilizing NCE news letter about importance of healthy eating and physical activity.
- Flu shots for staff and students.
- Free immunizations .
- Use of face mask, social distance and hand washing /gel sanitizer will be encourage .

Campus wellness team includes the following required personnel: P.E. coach, cafeteria manager, teacher, nurse, administrator, parents are welcome to be a part of this committee.